

Hey, nice tan! (?)

Is there such a thing as a healthy tan? Tips on how tanning products can help or hurt you.

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Get pumped up

Learn what you need to know to help you weight train safely and productively.

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Murfreesboro, Tennessee

MIDDLE TENNESSEE STATE UNIVERSITY

# Sidelines

Thursday  
 March 13, 1997

Volume 72, Number 56

## Foundation bids for law school

By Chad Gillis/ staff

The MTSU Foundation has made a proposal to either acquire the Nashville School of Law, or arrange a way in which it could merge with the university, according to Sen. Andy Womack, D-Murfreesboro.

MTSU is one of two universities bidding for the law school, located at 2934 Sidco Dr. The other university, Tennessee State University, has also made a formal bid for the school.

The idea of incorporating Nashville School of Law into one of Middle Tennessee's public universities was originated by Lt. Gov. John Wilder, who proposed a bill that would allow the Tennessee Board of Regents to purchase the private law school.

According to a recent article in the "Tennessean," Wilder initiated the proposal as a way to provide Middle Tennesseans with a public law school. Currently, there are no accredited public law schools in Middle Tennessee.

Wilder first made the proposal on behalf of Tennessee State University, not knowing that MTSU was also interested in acquiring the law school as well, according to the "Tennessean."

The proposal is under consideration

by Gov. Don Sundquist, who must determine the need for a new public law school and where it should be located. Sundquist said he is taking into consideration whether a third state law school is needed: one state law school is at the University of Tennessee; the other state law school is at the University of Memphis.

The MTSU Foundation acted on behalf of the university because as a private corporation, it could move at a faster rate than the university in situations such as these, Womack said.

In the case of a sale or merger, Nashville School of Law would remain in its current location, according to Womack.

What is not certain is whether the law school will attempt to become accredited by the American Bar Association if it is incorporated by either university wishing to obtain it.

Currently, the Nashville School of Law has never applied for ABA accreditation, nor does it have any



Sen. Andy Womack

plans to do so, according to Joe C. Loser, dean of the Nashville School of Law.

"The requirements of the American Bar Association are not compatible with the Nashville School of Law mission," said Loser.

However, the Board of Law Examiners, which regulates the admission of lawyers to practice in Tennessee, gave notice last fall that it is considering requiring anyone taking the Tennessee bar exam to graduate from a regularly organized law school accredited by the ABA.

"The Nashville School of Law needs to become ABA accredited," said John Vile, chair of the political science department, adding that graduates of the school can no longer practice outside of the state with their Nashville School of Law degree.

"If you know you're going to be in Tennessee your whole life the Nashville School of Law is fine," said Vile.

Loser has estimated that it would cost \$17 million to meet ABA standards.

According to a report in the "Tennessean," the mission of the school has two basic elements: one is to maintain a night program; the other is to maintain tuition at reasonable

Please see LAW SCHOOL page 2

## New school mascot, logo recommended, not official

By Gregg Mayer/ staff

The Logo and Mascot committee has recommended the university change its name from Middle Tennessee State University to the University of Middle Tennessee.

"It was a unanimous decision," said Linda Hare, chair of the Logo and Mascot committee.

The name will not officially change until President Walker, the Tennessee Board of Regents, and the state legislature all approve of the new name. Hare said she wouldn't expect a change until sometime next year—possibly about this same time next March.

"It's not going to happen tomorrow," Hare said.

On Monday following spring break, the Logo and Mascot committee will host an open forum from 6 p.m. to 7 p.m. in the Alumni Center to listen to community opinions about the name change, and listen to suggestions for the new mascot and team name. Another open forum will be held Tuesday from 3:30 p.m. to 4:30 p.m. in the same location.

"We're hoping to get a lot of feedback," Hare said.

The committee was appointed by President Walker last semester to change the university's current mascot and athletic team name as MTSU moves into Division I-A football. Out of that appointment, Hare said, the committee proceeded to change the university's name.

SGA Speaker of the Senate Ryan Durham said he's not wholeheartedly behind the name change.

"I would have to be convinced being called MTSU will hurt us (the image) in Division I-A," he said, adding that some popular Division I-A schools have "state" in the name, like Florida State University and Penn State.

"I will not be tremendously upset if the name change goes through," he said. "But I'm a big, big person on tradition."

The SGA will most likely take action, Durham said, by passing a resolution whether it supports the name change or not. A resolution is a formal expression of opinion or intention passed by a legislature.

Durham also hinted the name-change issue will appear as an opinion question on the SGA election ballots. The elections are to be held April 2 and April 3.

## UM philosopher questions race

By Gregg Mayer/ staff

Presenting his lecture, "Is Race Real?" in JUB 304 on Tuesday, March 25, a philosopher from the University of Memphis will tackle the questions: Who invented race?; Why do we have the concept of race?; and What is the concept of race designed to do?

"There is a dispute, a debate in philosophy which mirrors pop culture as to whether race is real," said Robert Bernasconi, Lillian and Morrie Moss professor of philosophy at UM.

Tracing the birth of the concept of race to the travel diaries of 18th- and 19th-century seamen, Bernasconi said he will explain how history played an important part in the categorizations and "current day obsessions about race."

"I'm not a biologist; I'm not a sociologist; I am concerned with the philosophical question about race: What is it we are talking about?"

Bernasconi received his B.A. and Ph.D. from Sussex University in England. He has published two books, "The Question of Language in Heidegger's History of Being" (1985), and "Heidegger in Question" (1993). He is working on another book, "Between Levinas and Derrida," to be published by Indiana University Press.

In March 1995, Bernasconi presented his research on race as part of the United Nations Declaration on Social Development in Copenhagen, Denmark.

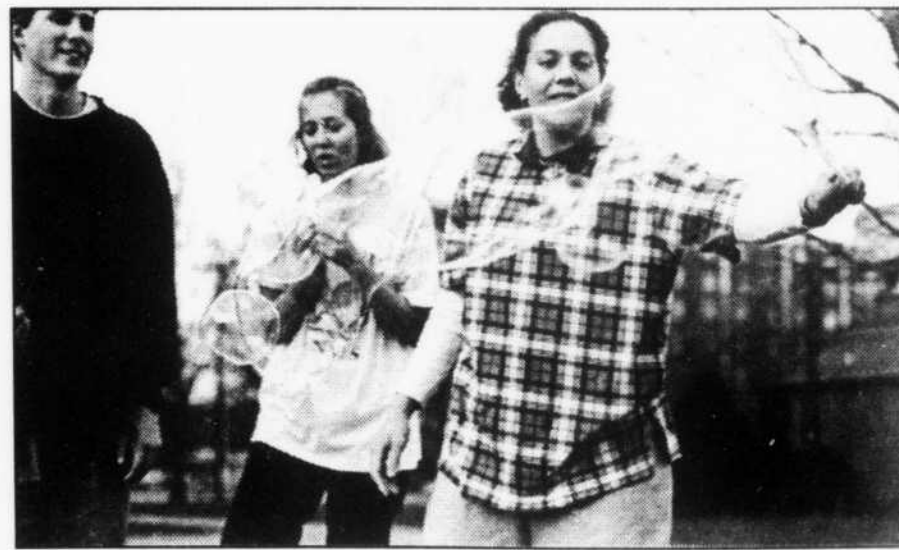
Bernasconi's lecture is part of the Applied Philosophy Lyceum. Lynn Hankinson, Rowan college professor, will present "Feminism and Sociobiology" on April 11.

All lectures in the philosophy lyceum are free and open to the public.

## 'We'll sing in the sunshine...'



Dan Ritchie/ staff



Brian G. Miller/ staff

A group of students (above) created their own band on the knoll with drums, a guitar, a recorder, a rainstick and a bicycle Wednesday afternoon amidst the sun's warm rays. At left Chris Seely, Katie Arnold, and April Jackson (left to right) took advantage of Mondays nice weather to create bubbles with various toys, including a gun and a whistle. The sunny, warm weather is expected to become gradually cooler, and rain is likely later this week.

## Faculty Senate approves new grading scale

By Christi Underdown/ staff

On Monday, March 10 Faculty Senate voted 25-13 to support a move to a +/- grading system, which will be implemented in about the next two years.

The idea of the +/- system has been discussed off and on for the past couple of years. The Graduate Council talked about it, but decided to give approval only if the Faculty Senate did the same. A survey, published among members last summer, demonstrated that about 50 percent of the estimated 350 voting Senate members supported a switch to such a system. Academic Affairs Committee C was appointed to research the subject.

"It gives us a better way to discriminate, in a good way, between students," said Frank Bailey, a member of Academic Affairs Committee C and professor in the Biology department. "Statistically, it should not lower a student's grades, unless the grades were being inflated."

Resolution of grade inflation, especially in graduate courses, was a major motivation to move.

"There was also a dissatisfaction with the limiting nature of A, B, C and D," said Jackie Eller, head of Academic Affairs Committee C and chair of Women's Studies. "This will be more reflective of the students' actual scores."

Please see GRADES page 2

## Cash reward offered for thief

Staff Reports

MTSU Crimestoppers is offering up to \$300 for information leading to the arrest of the person or persons responsible for a recent string of robberies in the locker rooms of the Alumni Memorial Gym.

More than 11 people have had cash and property stolen from lockers while attending classes or working out in the gym since Jan. 29. In one instance, the thief apparently cut through the wire mesh of the locker and stole a wallet and about \$75 in cash.

Robberies were reported from both the men and women's locker rooms, although most of the thefts occurred in the men's locker room. Altogether, almost \$500 in cash has been taken from the locker rooms, not counting the cash value of books, backpacks, and other articles stolen.

In the case of one victim, a Calvary Bank ATM card was stolen, and \$300 dollars was withdrawn from the account the following day. Also taken were beepers,

credit cards, at least one paycheck and several watches, including a Timex Indiglo watch with a braided brown band.

The MTSU Crimestoppers is, on the recommendation from the MTSU Department of Public Safety, offering a reward of up to \$300 for information leading to the arrest of the person responsible for the thefts.

MTSU Crimestoppers will pay cash rewards to any person who gives information leading to the arrest of a misdemeanor offender on MTSU property. Crimestoppers do not reveal how they came about their information. Caller ID is never used on the Crimestoppers hotline.

The MTSU Crimestoppers organization is made up of a diverse group of MTSU faculty, administrative personnel and students who regularly meet to vote cash rewards to informants. Anyone with information is encouraged to call the Crimestoppers hotline at 893-STOP (7867), Monday through Friday, from 8 a.m. to 4:30 p.m.

## Construction a nuisance for disabled

By Susan McMahan/ staff

Recent construction on campus has made getting to class difficult for disabled students.

According to John Harris, director of Disabled Student Services, changes have been made on campus to help ensure that disabled students can attend classes with less difficulty.

"The last two or three years have been years of change on campus," said Harris. "Sometimes, (the construction) is frustrating, but we know it will be good in the end."

Student workers were hired by Murphy Center to assist students while attending classes because of the limited access to Murphy Center due to the construction of the new football stadium.

The workers help disabled students operate the freight

elevator—the only elevator available in the building—to reach second floor classes. The workers were given the students' schedules and are available to help at the beginning and end of classes.

Harris has asked the university to use fences to block off restricted areas, instead of yellow warning tape. The fences are better for blind students because they block them from accidentally walking into a construction site, Harris said.

Harris has also asked that temporary sidewalks be constructed out of wood or concrete, instead of gravel. The gravel is harder for students in wheelchairs to use.

"I think (campus planning) has been very helpful," he said, adding he has received only "minimal complaints" from disabled students about the changes. An orientation

and mobility specialist is provided by Disabled Student Services to help blind students learn how to locate places on campus, but some students may need to relearn parts of their paths because of the construction.

People will be hired to escort students around campus, Harris explained if construction becomes bad enough that blind students can no longer safely travel around campus.

"(I hope) it doesn't come to that," Harris said, citing the department's limited budget.

Disabled students met with Harris on Jan. 15 to discuss the location of construction sites and help with the Raider Xpress service.

Disabled students are encouraged to call the MTSU News Hotline at 904-7000 to keep up with current construction updates.

Mid-term Blues got ya down??...  
**SMILE!!**  
 and just remember...

**LAW SCHOOL:**  
 continued from page 1

levels so that there is not an economic barrier to get a law school education.

That does not seem to be the current situation, according to Vile.

In the case of a sale or merger the school of law would remain at its current location until proper facilities can be built or renovated, according to Womack.

"My feeling is that the Nashville School of Law has fulfilled a role in Middle Tennessee for eight and a half decades," said Loser, "It should continue to do so, standing alone or with affiliation."

One of the greatest advantages of having an on-campus law school would be the addition of a law library, said Vile.

Loser said that the current Nashville School of Law library includes 75,000 hard volumes, with an additional 40,000 volumes online.

The Nashville School of Law is a not-for-profit corporation that is governed by a board of trustees, which is composed of five Nashville Bar Association members. \*

**On Campus**

**March 1997**

Japanese Doll Exhibit at Clarksville-Montgomery County Museum, 200 South Second Street, Clarksville, TN. **Tues.-Sat. 10 a.m.-5 p.m., Sun. 1-5 p.m.** Admission: Adults \$3.00, Seniors \$2.00, Children 6-18 \$1.00, Children under 5 free. Call Japan Center of Tennessee 898-2229 or Clarksville-Montgomery County Museum (615) 648-5780.

**SUNDAY, March 23**  
 Wesley Foundation University Worship meets at 8 p.m. at Wesley Foundation across from Gore and Clement Halls. Call Bill Campbell, 893-0469 for information.

**TUESDAY, March 25**  
 Dr. Paula Arai of the Department of Religious Studies at Vanderbilt University will speak at 3 p.m. on Japanese Buddhist Nuns: Innovations and Contributions in the JUB, Room 100. For more information, contact The Japan Center of Tennessee at 898-2229.

Campus Crusade for Christ will meet at 7:30 p.m. in MC103. Call Janelle Cox 867-3054 for more information.

Wesley Foundation Tuesday Night Supper is a weekly event at 5:30 p.m. at the Wesley

Foundation across from Gore and Clement Halls. Call Bill Campbell at 893-0469.

Lambda Association, an organization for lesbians, bisexuals and transgendered persons, will meet at 7 p.m. in MC 104. For more information call 780-2293, e-mail mtlambda@frank.mtsu.edu

**WEDNESDAY, March 26**  
 SGA House of Representatives will meet on in KUC, Room 324. For more information, contact Susan Guin, 898-2464.

Sigma Tau Delta English Honors Society will hold a writer's workshop for present and prospective members and their guests at 3:30 in PH 108. For more information call Jacob Truax at 898-0657.

**THURSDAY, March 27**  
 How to plan and compete a college paper. A seminar sponsored by the Pinacle Honor Society to mentor students who desire help with planning and writing class papers. A five week program beginning noon to 1 p.m. in KUC 320. Call 898-5989.

Nashville Area College to Career Fair at Opry land Hotel and Ryman Exhibit Hall from 1 to 7 p.m. Free passes and rosters of

employers available beginning **March 10.** Attendance limited to seniors, graduate students and alumni registered with the Placement Center. Contact Martha Turner at 898-2500 for more information.

**SUNDAY, March 30**  
 Model United Nations meets every Sunday night. Anyone who is interested in international relations and current global issues is invited to attend. Check bulletin board outside PH 211 for meeting times and locations or call William Duston at 904-6068.

**March-April 1997**  
 Child Abuse Prevention of Tennessee needs volunteers to answer statewide Parent Helpline/Domestic Violence Hotline, to work with parents of newborns in the Parent Pathway Program, to assist with parenting classes, or to assist with child care during parenting classes. Training will be in March/April. For information call Amy, 227-2273.

**SUNDAY, April 6**  
 Peter and the Wolf presented by the Middle Tennessee Symphony. Admission \$5 for each child in a seat, \$7 for adults. For tickets, more information contact symphony office at 898-1826.

The Stults Memorial Scholarship Committee is now taking applications for the

**Douglas E. Stults Memorial Scholarship**

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 May, 1997

Application deadline: 4 p.m., April 10, 1997

To Qualify A Candidate Must:

- have a minimum 2.7 cumulative grade point average (must be exact or better)
- be at least a second-year undergraduate student with a minimum of 24 credit hours
- have some media experience (on or off campus work applies, in any print or broadcasting medium)

To Apply:

- submit an application
- a 1,000-2,000 word essay on "Is Privacy Dead"
- submit a copy of your transcript
- submit six copies of three to five samples of your work (short tapes of broadcasts are accepted. Clips must be professionally presented.)

For more information, contact Jenny Crouch at 898-2815 or come by James Union Building, Room 308. Three finalists will be selected from the field of applicants and will be interviewed at a date to be announced. You will be notified if you are to be interviewed.

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 your local National Guard Recruiter

**Attention MTSU Students:**  
 Did you know that you are a member of the largest student organization on campus?

The Student Government Association, which every student is a member of, exists to ensure an exchange of ideas and opinions between students and the administration.  
**Get Involved!**

The Student Government Association will be electing positions for:  
 President, Speaker of the House, Speaker of the Senate, Election Commissioner, and Senators for each college.

**Petitions are available Jan 31!**  
**S.G.A. Office, KUC Room 208**  
**898-2464**

Petitions will be due Wednesday, March 19th, @ 4:00 p.m.  
 Mandatory Meeting Monday, March 24th, @ 4:00 p.m.  
 Elections are April 2nd and 3rd

**Note:** The candidate packets are due during Spring break. If you are not going to be here during Spring break, have someone turn in your packet for you. No exceptions will be granted or excuses given.

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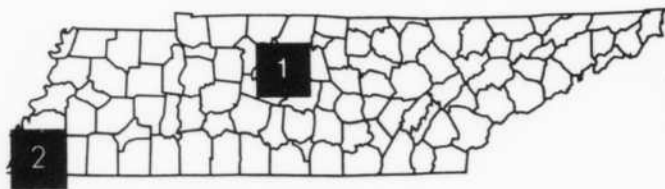
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# Around the State



## TennCare loophole might hurt children

**1** NASHVILLE, Tenn. (AP) — Tennessee children whose parents have insurance available but can't afford it could fall through a crack in TennCare's open enrollment for kids under 18.

Gov. Don Sundquist announced in January that TennCare, the state's health care program for the poor and uninsured, would open to 68,000 children who don't have health insurance.

TennCare Bureau Chief Theresa Clarke said Wednesday the estimate is for the number of children who'll be eligible for TennCare — not

all uninsured children in the state.

"It could be 78,000. We're trying to find as many as we can ... (to) cover all the kids who qualify," Clarke said.

But advocates for the poor say when the governor started talking about opening enrollment for TennCare, people thought any child could get it.

Gordon Bonnyman, an attorney with the Tennessee Justice Center, said about 16 percent of uninsured children nationally have access to insurance, but their parents can't afford it.

"Based on TennCare's figure of 68,000 uninsured children, that's about 11,000 who couldn't get coverage," Bonnyman said.

## Jury deadlocked in Memphis rape trial

**2** MEMPHIS, Tenn. (AP) — The trial of a Memphis school teacher charged with statutory rape has ended with the jury unable to reach a verdict.

Criminal Court Judge Carolyn Wade Blackett declared a mistrial Tuesday in the case against Jimmy Jackson, 46.

Jackson, a teacher and sports coach at Trezevant High School, was accused of having a long-term sexual relationship with a former female student.

The young woman, now 18, said the relationship began when she was in the 8th grade.

## Professor to speak on health care

Who is more deserving of health care funding—the elderly or younger generations?

That is one question that will be raised by Robert Rucker in his lecture, "The Young or the Old? Health and Social Service Allocation Issues." The presentation, the next installment of the Honors Lecture Series, will be presented Monday, March 24, in Peck Hall 107 from 3:30 to 4:20. The lecture is free and open to the public.

Rucker, a professor of social work since 1976, said he hopes his lecture will open dialogue on the issue among students.

"It's important for everyone as health care consumers to get to debate how accessibility issues should be expressed," Rucker said.

He said the public needs to understand the questions

behind the allocation of health care funding.

"If we have a very limited health care resources and fiscal restraints," Rucker said, "should resources be directed toward the elderly or toward the young?"

"Should emphasis be placed in increasing expenditure for immunities to prevent childhood diseases, such as... whooping cough and measles, or should we direct issues to the elderly, who have worked hard to build for their golden years?"

He said the problem is not



Robert Rucker

only of national importance; there are also issues facing leaders at the state level.

"There are many patients who need kidney transplants," he said. "Should we pay for those or extend programs in child health care?"

Rucker said he feels the decision is a very tough one to make, and people should be aware of the decision-making processes involved.

"All human beings—regardless of their positions in the life span—have moral claims for health care resources to make some choices," he said.

According to Rucker, there are also tough choices in deciding who is responsible for making the decisions.

"What is the family responsibility... and don't we have a responsibility as a global community?," he asked.

## GRADES:

continued from page 1

"We just keep the records," said Gillespie. "Someone else makes them by going to class."

The senate vote was 25 to 13 in favor of the new system.

According to the new scale, a student with a 1.7 Grade Point Average or a C- would not graduate, while a student with a G.P.A. of a 2.0 or a C would.

"In the present system, a C is the lowest C one can make," said Gillespie. "On the other hand, that C could be the highest C that I could make."

The four proposals within the official recommendation

presented at the Faculty Senate meeting were: that all classes, except those with a satisfactory/unsatisfactory or pass/fail scale, use a plus-minus scale; all faculty are requested but not required to use the scale; grades already given to students will not be converted; and a standard scale be used.

According to Gillespie, dean of Records and Admissions, the change will come during the massive switch to online grade reporting. With online grade reporting, faculty will no longer have to turn in grade sheets. The information will be transferred straight to the

computer. These computerized systems, including TRAM, must be adjusted to accept "+" and "-." According to the office of Records and Admissions, it will take at least a year to begin the new system.

From the Senate, the decision will proceed to the Committee of Admissions, Standards and General Studies. Two students, Shane McFarland and Jocelyn Hawkins, are members of the committee and will be present to express their opinions.

"Hopefully, it will be a fairer and simpler," said Eller.

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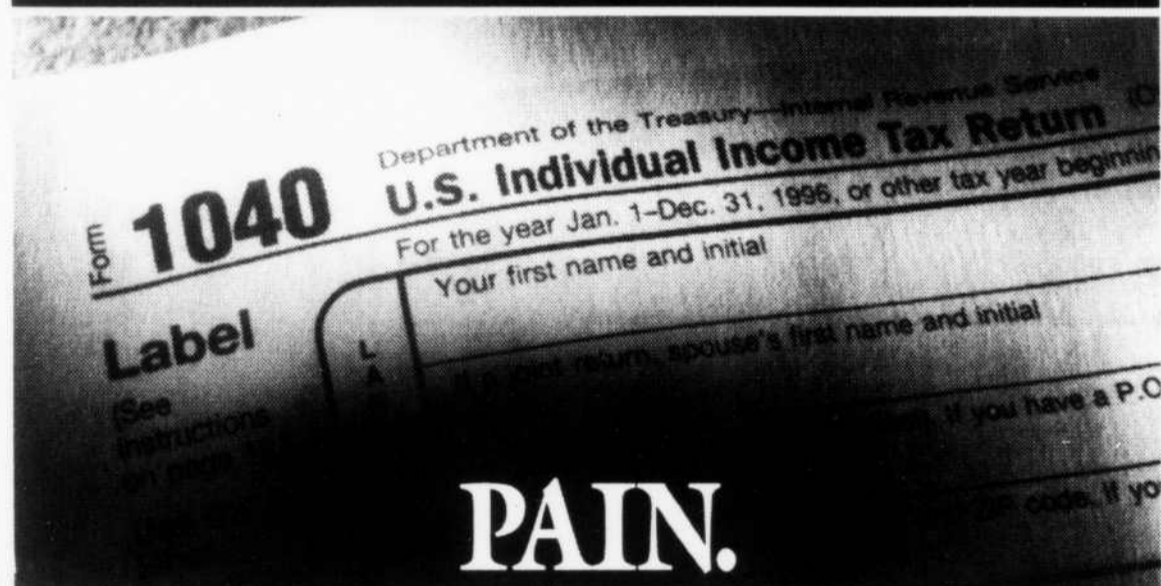
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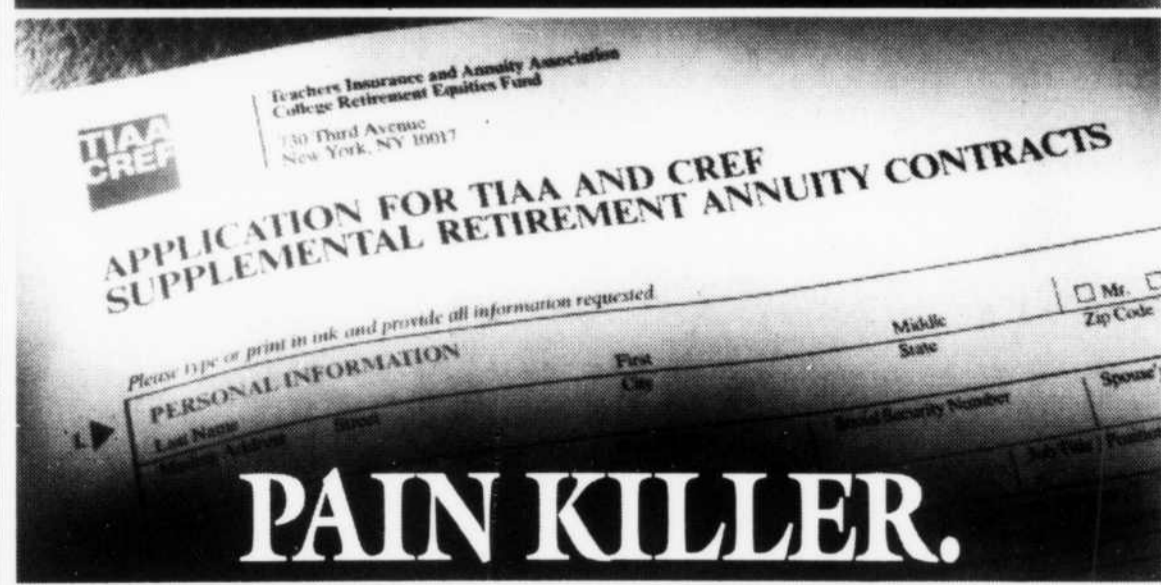
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# JIM CARREY

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# LIAR LIAR

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# Opinions

## In our view

### Foundation deserves praise

State Sen. Andy Womack and the MTSU Foundation have taken the initiative to try and help this university acquire the Nashville School of Law. They should be commended for their efforts.

Currently, there are no publicly-funded law schools in the Middle Tennessee area, and there are only two accredited public law schools in the entire state. For this reason, Gov. Don Sundquist is now considering a proposal drafted by Lt. Gov. John Wilder that would allow the state to acquire the privately-funded Nashville School of Law, after which the law school would be handed over to either MTSU or Tennessee State University, who has also made a formal bid to take over the law school.

If not for the swift action taken by Sen. Womack and the Foundation on behalf of this university, MTSU might have been left on the outside looking in on this potential benefit to area students. Originally, Lt. Gov. Wilder had only Tennessee State in mind when he made his proposal. Therefore, at a time when university officials would have had a very difficult time generating a worthy proposal on their own, the Foundation stepped in and filled the void.

While not accredited with the American Bar Association at this time, the Nashville School of Law would be an excellent addition to MTSU, giving this university yet another resource to offer to prospective students.

To be sure, the decision over whether MTSU actually acquires the law school is still a matter of speculation. But however the future of the law school is determined, at least the students at this university can know that there were people who fought vigorously for their interests. The Foundation and Sen. Womack deserve thanks for a job well done.



## ACT-COMP test an embarrassment



### Ramblings

Warren Wakeland

Before we start, a follow-up from a previous column:

Monday morning I clocked an MTSU Public Safety officer driving 30 mph behind the livestock barn - in a 15 mph zone. More proof that the new speed limit is stupid and needs to be put back to the original speed.

Last Thursday I came across the most politically correct garbage I've yet to encounter at this university: the ACT-COMP.

For those of you unindoctrinated, the ACT-COMP is only one part of Phase I of "The Three Phases of Crap" all graduating seniors must go through during their last semester in order to legally graduate.

Phase I also makes you go to an exit counseling session if you have student loans so they can tell you **PAY BACK YOUR STUDENT LOANS OR WE WILL HUNT YOU DOWN AND SHOOT YOU DEAD!**, and to the Grad Fair for a cap and gown and to waste money on things you don't need.

In Phase II, you mail out invitations and announcements, send out resumes and do job interviews, figure out where you're going to live come May 11 (the day after graduation), and so on.

Oh yeah - and pass all your classes.

In Phase III, you wake up before the crack of dawn on a Saturday to be at the graduation rehearsal by 7:45 a.m., be bored to death all morning at the ceremony, then walk the aisle, shake Dr. Walker's hand and leave the

hallowed ground forever.

Unless you can't find a job. Then you come back for graduate school.

It is said that getting an education is the hardest thing most of us will ever do, and I believe it. Not for the education, but for all the b.s. that goes with graduating.

The ACT-COMP is a test that tells someone how much stuff you learned in the five years (or \$40,000) you spent getting this wonderful education. I have no idea who it's supposed to tell.

The test is used in a statewide formula to determine how much money each school gets every year. The better the school as a whole scores, the more money you get. Supposedly, MTSU scores pretty good. (Oops, a grammatical mistake. Guess I didn't do too good.)

As I walked out of the test, I knew I had a fun column topic when one of the exam proctors recognized me and asked me not to be too rough on them.

The first thing you do is fill out all the info about yourself. They also ask you to sign something that will allow them to use you for other ACT stuff. I decided to be a prick and say no. I love doing that.

There are 15 "activities," or sections, to the test. You get a certain amount of time to do each activity. The test is supposed to take 2 1/2 hours to complete, and if you leave early you don't get credit for it. I worked for about an hour and snoozed through the rest of it.

Remember, when you take your ACT-COMP, bring some reading materials with you to fight the boredom. Or a foot-long hoagie.

The first activity required us to watch a video about sexual harassment, then answer three or four questions about the video. I tried to figure out how I could be graduating without having taken Sexual

Harassment 101.

As the test went on and we had to watch more videos, read material, listen to audio tapes and view art, I came to realize this test was not about how much we've learned, but about how much PC we've been brainwashed into absorbing while we've been here.

As far as I could see, there wasn't one thing on this test that could have been derived from the subject matter of any class I had taken since August 1992.

And the students taking the test obviously took it very seriously. The last activity required us to look at some pile of paint they called art for 30 seconds and take 3 1/2 minutes to answer questions about it.

Of the people in the room, almost half had gotten up to leave after 30 seconds. Several left as soon as time began for the activity, meaning they answered the questions before seeing the painting. I'm proud to say I was one of the last to leave... after one minute.

I wondered what students taking this test at other schools do. Then I wondered how much weight is put into this test as a barometer of how much we've learned in college. If we don't give a damn about it, don't really want to be there and put no effort into it, can it possibly be an accurate gauge of what we've learned in college?

The ACT-COMP is simply a test to find out if you will be the follower today's establishment wants you to be, or a leader (or, as the establishment calls it, troublemaker) who steps out from the crowd to take control.

We've spent years educating ourselves to be leaders so that we can control our own lives. The test is an embarrassment to this university and to everyone who has to take it, and is a waste of time. No wonder no one takes it seriously. •

## Sidelines

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*Sidelines* is the non-profit editorially independent student newspaper of MTSU and is published every Monday and Thursday. The opinions expressed herein are those of the individual writers and not necessarily those of *Sidelines* or the university.

### Letters Policy

*Sidelines* encourages comments from readers. Letters to the editor should not exceed 300 words. Authors who want more than 300 words to express themselves should contact the editor. *Sidelines* keeps its pages open to all viewpoints and all members of the MTSU community. Authors should include their name, address, major, classification and phone number for identification purposes. (Phone numbers will not be published.) *Sidelines* reserves the right to edit for length, grammar, style and libel.

E-Mail letters to [stupubs@frank.mtsu.edu](mailto:stupubs@frank.mtsu.edu). Send letters to Box 42, MTSU, Murfreesboro, TN 37132 or drop them off at the *Sidelines* office in JUB Room 310.

## Got a gripe? Let us hear about it.



E-mail your letters to the editor to *Sidelines* at:  
[stupubs@frank.mtsu.edu](mailto:stupubs@frank.mtsu.edu)

### Professor takes issue with exposure coverage

To the Editor:

As a former criminal prosecutor and current scholar whose interests lie in the area of the study of human sexuality, I write to express my disgust over the conduct of the "Sidelines" staff and MTSU police officer Dustin Miller in the arrest of Michael Sorrells on a charge of indecent exposure.

Regarding "Sidelines" coverage, your decision to treat this story in the manner of a supermarket tabloid is unworthy of a legitimate news publication. In your March 6 editorial response to critics of your coverage, you rationalized your treatment of the story with several transparently disingenuous excuses. Yes, the information was a matter of public record. So are hundreds of arcane legal documents filed in various government agencies every day; I have yet to see bankruptcy notices filed by MTSU students and staff appear in "Sidelines."

Even assuming the validity of your claim that "Sidelines" has a "duty to report on alleged criminal activities that occur on campus," that has no bearing on the manner in which you cover such activities. Mr. Sorrells was

### Letters to the Editor

arrested on a Class B misdemeanor—the least serious category of crime in the Tennessee Code. Outside of your editorial decision to pander to the prurient appetites of your readers, there was no reason not to cover the story by merely printing a summary of it in your regular Police Log column. You certainly had no duty (moral or journalistic) to indulge in banner headlines and a mug shot of the accused.

I also object to your characterization of indecent exposure as a "sex offense," both in the original story's headline and in your editorial. The term "sex offense" is universally understood, legally and in most common parlance, to refer to crimes against the person in which the victim is sexually violated in some manner. You argue that the facts of this case "deserved to be investigated thoroughly." Of course they do—by the police, whose job it is to investigate alleged crimes; not by fledgling reporters and editors.

In this case, the reported facts militate against the characterization of Mr. Sorrells as an "alleged sex offender." There is no indication that he was making any efforts to draw attention to himself by sounds or motions; he was concealed within his vehicle; and, most importantly, no one—adult or child—complained to the police about his solitary self-pleasuring

activities. No child pornography was reported to be in his possession. And despite Officer Miller's pious pronouncements of "concern" over children, there were none actually present in the vicinity of the arrest. Of course, responsible police officers don't make such prejudicial speculations to the press in the first place, both out of respect to the accused's rights to a fair trial and because their credibility is opened to serious undermining by a defense lawyer. Officer Miller displayed astonishingly unprofessional conduct in the way he dealt with your reporter and you.

And because Mr. Sorrells was so intimidated and stressed by the circumstances of his arrest, he foolishly answered the police's question regarding where he worked—a question which he had every right to refuse to answer. So now, Mr. Sorrells' career in education is in serious jeopardy—despite the utter absence of any harm to any child or adult resulting from his actions.

All of this makes your assertion that you "make every effort to adhere to [your] responsibility" to report news objectively and without sensationalism disingenuous and self-serving. Shame on you and Officer Miller.

Richard Osborne, Ph.D.  
Department of Sociology/Anthropology

## A Healthy Tan?

You may want to think twice about what tanning really does to your body before you hit the beach or the salon.

By Tara Larimer/ special to *Sidelines*

With spring break just around the corner, vacationers soon will flock to local tanning salons to achieve that golden glow that is at times still associated with being healthy.

Is there such a thing as a healthy tan? Promoters of tanning products would like their customers to think so.

"For starters, healthy skin tans best," says Dr. Michael Caswell of Body Drench to Internet users. "Heat and UV radiation can cause moisture loss, so it is essential to use a product that replaces moisture and maintains the health of the skin. Secondly, a product should include nutrients required for healthy tanning."

Several problems lie with this advertising strategy. Most important is the use of the word "healthy." Tanning is the body's response to the skin being exposed to ultraviolet radiation. In addition to the skin changing color, the body goes through other changes that can lead to skin cancer, premature aging and other problems that are far from healthy. A tan blocks out some radiation in an attempt to protect the skin from further injury, but provides inadequate protection against such problems in the long run.

The Food and Drug Administration and the Federal Trade Commission share responsibility for the regulation of sunlamps and tanning devices. The FDA labels the devices and has the power to remove products from the salon or the marketplace. The FTC investigates false, misleading and deceptive advertising claims.

Tan USA in Murfreesboro educates their employees to the dangers of such false claims. "Healthy isn't a word that's even supposed to be used in the tanning industry," says Andrew Galloway, a five-month employee of Tan USA. "I know it's illegal to use the word in advertising, and we stress to our guests to tan in moderation."

Modern tanning beds incorporate the use of two types of UV rays: UVA and UVB. UVB is the light which causes sunburn, skin cancer and sun-induced aging of the skin. UVA waves do not cause sunburn, but contribute to skin aging and may be a cofactor with UVB in skin cancer production.

Newer tanning beds have increased amounts of UVA and decreased amounts of UVB rays. Some salons will claim UVA sunlamps are safer than the sun and UVB lamps. Tanning Trends produces a training manual for employees which reads: "Indoor tanning lamps radiate the longer UVA wavelengths to reduce the risks of skin damage. Indeed, research indicates that ultraviolet wavelengths longer than 340 nm offer a safer tan than shorter wavelengths do, including UVB."

Even if the newer beds are significantly safer than the old ones, it is important to remember that UV light is more intense, and therefore potentially more damaging than sunlight.

According to a new study in Sweden, tanning beds increase the risk of malignant melanoma, the deadliest form of skin cancer. The risk was greatest if subjects were under 30. The chances of later development of melanoma increased by 300 percent in occasional tanning bed users. For those tanning more than 10 times in a year, skin cancer increased by 800 percent.

One million new cases of skin

### What to look for in a tanning salon

If you do insist on going to a tanning salon, there are certain factors that you should take into consideration:

- Does the salon clean its beds and protective eyewear thoroughly after each use?
- Does the salon strictly enforce the wearing of protective eyewear?
- Does the salon screen customers on their medical history and practices and past tanning practices?

If the salon doesn't provide all three of these services, you should look for another salon.

cancer are diagnosed each year, and 38,300 will be malignant melanomas in 1997, according to the American Academy of Dermatology. Some 7,300 deaths will be attributed this year alone to malignant melanomas.

Despite the inevitable damage it causes to the skin and the body, tanning remains a steady industry. The United States' fastest-growing



Photo provided

Spring break may be the perfect time to work on a tan, but lying in the sun or in a tanning bed can be harmful to your skin and your body. Remember when tanning to make sure to take regular breaks, and never tan more than once in a 24-hour time period, in order to give your skin time to heal and produce more melanin.

industry in 1987, tanning began to stabilize at 20,000 salons in the 1990s. It is primarily a cosmetic industry, although there are various other reasons customers seek out tanning salons.

Tanning can be viewed as an alternate method for the body to receive its required amount of Vitamin D. UVB rays cause skin to create Vitamin D, which is necessary for good health, bone formation and repair, and the absorption of calcium and phosphorous into the body.

When weather, time and diet do not provide enough Vitamin D for a potential customer, they may choose tanning as an alternative to taking a Vitamin D supplement. Research has also shown that the presence of Vitamin D in the body helps to prevent breast and colon cancers.

Tanning also has been known to relieve certain skin disorders, a practice referred to as phototherapy. UVA treatments sometimes help relieve sufferers of psoriasis, vitiligo, lupus and acne.

Another common reason people head to tanning salons is for protection from a potential sunburn. Lisa Jones, owner of Easy Tan in Murfreesboro, says a salon tan will prep the skin for a tan, but not fully protect it. The sun has a much higher concentration of UVB rays and is strong enough to cause initial sunburn. Jones recommends wearing sunscreen whenever one will be exposed to natural sunlight.

What should those determined to tan look for in a salon? Be sure the salon cleans the beds and protective eyewear thoroughly and enforces a policy of wearing protective eyewear.

Easy Tan uses SunQuest Citrus Cleaner in their beds as well as the goggles they require clients to wear. They use a higher concentration of cleaner in the goggle solution than is recommended to eliminate the possibility of disease spreading. Customers are required to clean the beds after each use. The beds are then closely inspected by employees.

Tan USA requires their guests to purchase their own goggles if they do not already own a pair, and their "loaners" are cleaned with the same Tan Systems Germicide and Disinfectant employees use to clean the beds.

A salon should screen customers closely on their medical practices and prior tanning practices before they allow someone to tan. There are a number of drugs and cosmetics which cause photosensitivity under tanning lamps, and customers who use these products should not be allowed to tan until they have discontinued their use or removed the cosmetics. Women who are pregnant should speak with their doctor before tanning. A common practice is for a salon to curtail a customer's tanning sessions until they have the baby.

Preventative measures can be taken to do the least possible damage while tanning indoors. Tanning Trends magazine recommends customers make sure their skin is completely clean before tanning, and to take periodic breaks from tanning to provide the skin with the opportunity to heal. One should never tan more than once in a 24-hour period, and it is best to wait 48 to 72 hours so the skin has time to repair more minor damage, time

melanin and tan. It is important for new tanners to gradually expose body parts not normally exposed to the sun to avoid burning them.

The best prevention for sun-induced damage, of course, is not to tan at all. The FDA and FTC say the risks of developing skin cancer and other disease from UV radiation can be minimized by avoiding skin exposure to the sun from 9 a.m. to 3 p.m. If sun exposure is unavoidable, a wide-brimmed hat and long sleeves will help prevent overexposure. A sunscreen should be used every day and should be reapplied after swimming and at midday. An SPF (sun protection factor) of at least 15 is recommended.

A number of skin stains are available to those who still desire the look of a tan, but are not willing to expose their skin to harmful UV light. It is important to check whether or not these products contain an SPF. When used in conjunction with a sunscreen, these products could save the lives of a new generation of tanners, while boosting the self-esteem of those who require a tan to feel good about their appearance. Unless it is recommended by a doctor, tanning should be avoided to ensure good health in the future.

"If you are looking for a public service to perform, one where countless people might be spared future health problems, try picking your neighborhood tanning salon," suggests Dr. Norman Levine in his book *Skin Healthy*. "Perhaps they will be forced to face the public scrutiny they deserve as purveyors of a public health hazard."

Just don't forget the sunscreen. •

## New York ad campaign disgusts commuters

NEW YORK (AP) — A meticulously groomed man in a suit and overcoat, shoehorned into a sweating, sneezing crush of rush-hour humanity on the New York City subway, pointed to an ad above his head and wrinkled his nose.

The advertisement read: "You are the 423rd person to touch that pole today. Enough said."

"Ew!" the man said. A friend grimaced and wiped her hand on her coat.

Nearby was another ad that warned: "The last guy holding that pole was named Sal Monella."

The ad campaign is for a new antibacterial hand lotion, and it capitalizes on New Yorkers' squeamish relationship with their subway.

It's the 'ew!' factor," said Gail Taryn, a spokeswoman for Gotham Inc., the ad agency handling the campaign for Keri Antibacterial Hand Lotion.

"What better way to get people thinking about germs and antibacterial products than the subway?" asked Robin Koval, the Gotham executive overseeing the account.

The ads cover one entire side of 570 60-foot-long

subway cars, all but forcing commuters to ponder such concepts as, "The turnstiles have at least 11,700,000 germs. (Have a nice day.)" Judging from commuters' squirms, the message is on target.

"It's a sick ad campaign," said Jeff Jacobs, a 31-year-old financial consultant. "I don't want to think about it." He added, "I'll probably buy it."

One woman read the ads with a look of revulsion.

"I already feel that way when I ride the subway," she said. "I think it's really effective, because it disgusts you as you ride. There are people sneezing on you, touching their sticky hands on the bars."

The rest of America is seeing a more traditional campaign, with TV commercials featuring a mother and child.

"We felt that we had an opportunity to appeal to New Yorkers' special relationship with the subway. We all hate it, but we all use it," Koval said. "And to New Yorkers' special sense of humor as well. They get the jokes here."

One slogan rejected as too disgusting: "Because pockets aren't the only thing being picked on this train." •

## Ridin' into the new age



Photo by James Lerager, courtesy Baldwin Photographic Gallery

Retired Air Force Major Hank Henry sits atop the bomb shell of a 500 kiloton atomic bomb in the National Atomic Museum in Albuquerque, NM. This photo is part of James Lerager's Tales From the Nuclear Age exhibit in the Baldwin Photographic gallery. The exhibit will run until March 27.

## Competition will draw opera fans

### Staff Reports

Middle Tennessee may be the world's center for country music, but this weekend will see opera lovers flock to MTSU for the second annual Orpheus National Music Competition.

Co-sponsored by the Middle Tennessee Choral Society and the Music Department, the competition will feature performances by 42 of the nation's future stars of classical and operatic singing.

"We've had over 90 contestants from Boston to Texas," said Raphael Bundage, artistic director and associate professor of music. "We've had contestants from Michigan, from Iowa, Georgia and Florida. A panel of vocal judges have screened those applicants and chosen 42 semi-finalists to come and compete."

The event will take place March 14-16 in the Music Hall of the Wright Music Building.

"There are many such contests around the country, but to my knowledge, there are none in Tennessee, or the mid south region," Bundage said.

The purpose of the event is to provide encouragement and financial support to young singers pursuing a career in classical singing. The competition has two categories: one for young artists (ages 22 to 30) and one for students (ages 18 to 21). The winner of the young artist category will receive \$2,500, and the winner

from the student category will receive \$1,000.

There will also be opportunities for professional recognition, Bundage noted.

"One of the winners last year was heard at the finals of the Olympics," he said. "She was a featured classical artist at the closing ceremonies at the 1996 Olympics in Atlanta."

Bundage also said that despite a resurgence in the popularity of opera,

American opera fans are still a tiny minority of the public.

"People in the classical realm aren't as popular as, say, if Whitney Houston were singing," he said. "But, it's wonderful, wonderful singing."

It's a first-class act. In Nashville they have Fan Fair where all the

stars come out, but there is nothing like that in the operatic classical world. Those that generally follow this music really love it."

The event will be judged by Carol Penterman, executive director of the Nashville Opera; Thomson Smillie, artistic director of the Kentucky Opera; and Andrew Wentzel, bass-baritone of the Metropolitan Opera.

Ten of the 42 semi-finalists will compete in the finals on March 16 at 3 p.m.

The competition takes its name from the Greek hero and musician Orpheus, whose singing warmed the heart of the King of the Underworld, and won him the brief return of his deceased lover, Eurydice. •

# Around Town

**527 Main Street 890-8692**  
 Thursday, March 13 - Honeyrods with #1 Family Mover opening  
 Friday, March 14 - D. J. Troy Janes  
 Saturday, March 15 - Hank Flamingo with Wahoo opening

**The Boro 895-4800**  
 Thursday, March 13 - Short Side, Resist, and Ursula  
 Friday, March 14 - Hose Mobile CD release party  
 Saturday, March 15 - Subrosa  
 Sunday, March 16 - Roland Gresham Jazz Quartet

**The Bunganut Pig 893-7860**  
 Thursday, March 13 - The Future Band  
 Friday, March 14 - Miranda Louise

Saturday, March 15 - Crosstown Traffic  
**Cactus Jack's 890-8280**  
 Thursday, March 13 - Ceramic House and Koosch  
 Friday, March 14 - Rockin' Country  
 Saturday, March 15 - Rockin' Country

**Jonathan's on the Square 895-1133**  
 Thursday, March 13 - Johnny Jackson's Soul Satisfaction  
 Friday, March 14 - Minus One  
 Saturday, March 15 - Timber Wolf

**Sebastian's 895-8658**  
 Thursday, March 13 - Roland Gresham  
 Friday, March 14 - Live comedy at 8 and 10 p.m.  
 Saturday, March 15 - Live comedy at 8 and 10 p.m.

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7 & 10 p.m.



Waking Up To Rape



Underwater



The Confrontation

### Women Make Movies

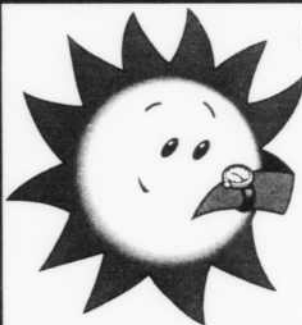
In "Waking," three rape survivors courageously describe their experiences in a powerful examination of the personal trauma, psychological effects, social attitudes, and problems of racism in the criminal justice system. It offers strong support for viewers coping with their own experiences. (1985)  
 "Underwater" is an exceptionally well-made directorial debut in which a young girl is haunted by memories of an incestuous incident. (1994) "Confrontation" is a insightful docudrama portraying an alternative response to acquaintance rape. An empowering film which draws disturbing connections between racist and sexist violence. (1983) (color, nr, 103 minutes total)

Sunday  
March 23  
9 p.m.  
Monday  
March 24  
7 & 10 p.m.



## Giant

Edna Ferber's story of two generations of Texans translated to the big screen by the cinematic artistry of George Stevens. Ferber's characters are thinly veiled portrayals of the actual people who shaped the destiny of the great state. Academy Award for Best Director and ten other nominations plus the Irving Thalberg Award (the highest honor bestowed by the Academy of Motion Picture Arts and Sciences). The last film made by actor James Dean. Starring George Stevens, Elizabeth Taylor, Rock Hudson, Chill Wills, Dennis Hopper, Carroll Baker, and James Dean. (color, nr, 1956, 201 minutes)



MTSU Concerts presents

## The Knoll Is Coming!!

April 4 - Urban Knoll

April 11

Rites of Spring Wienie Roast

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FOR THE MUSICALLY CHALLENGED

April 18

## Battle for The Knoll

April 25

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Larenz TATE nia LONG

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Fall apart.

Start over.

# love jones

NEW LINE CINEMA presents an ADIUS WECHSLER PRODUCTION A THEODORE WITCHER FILM LARENZ TATE NIA LONG love jones ISAHIA WASHINGTON LISA NICOLE CARSON AND BILL BELLAMY MUSIC BY DARRYL JONES COSTUME DESIGNER PILAR MCCURRY CASTING ROBI REED-HUMES AND JANE ALDERMAN C.S.A. EXECUTIVE PRODUCERS SHAWN BARTON PRODUCED BY ROGER FORTUNE EDITOR MAYSIE HOY DIRECTOR OF PHOTOGRAPHY ERNEST HOLZMAN EXECUTIVE PRODUCERS JULIA CHASMAN JAY STERN AMY HENKELS HELENA ECHIGOYEN PRODUCED BY NICK WECHSLER AND JEREMIAH SAMUELS WRITTEN AND DIRECTED BY THEODORE WITCHER

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# JAZZ

## WMOT-FM 89.5

MIDDLE TENNESSEE STATE UNIVERSITY

# Sports & Recreation

Thursday, March 13, 1997

Sidelines

Page 7

## Men's tennis team triumphs at H.E.B. Classic

By Rachel Bailey/ staff

The Blue Raider men's tennis team clinched another win this past weekend at the H.E.B. Classic in Corpus Christi, Texas. The Blue Raiders received the top seed for the prestigious tournament, which boasts nine top 50 teams, including number four Boise State, and number 11 Illinois.

"We couldn't be happier to be in the H.E.B. It is one of the premier collegiate events and we are honored to be involved," Short said. This tournament was a huge win for the Raiders, and coach Dale Short feels as if the outcome of the tournament is a reflection on the talent and hard work his players have been putting forth this season.

In the first round of tournament play, Middle faced Tulsa, ranked 42, and defeated them with a solid 7-0. MTSU moved on to the second round and defeated Minnesota with exceptional play by Frederic Niemeyer, Anthony DeLuise, and Jim Madrigal, pushing them on to face Texas A&M in their third round. They took their win over Texas A&M with ease, and were then faced by the second seed of the tournament, fourth-ranked Boise State.

"After we beat Texas A&M, we

knew we were ready to take on Boise State. They were tough, but we were tougher," said Niemeyer.

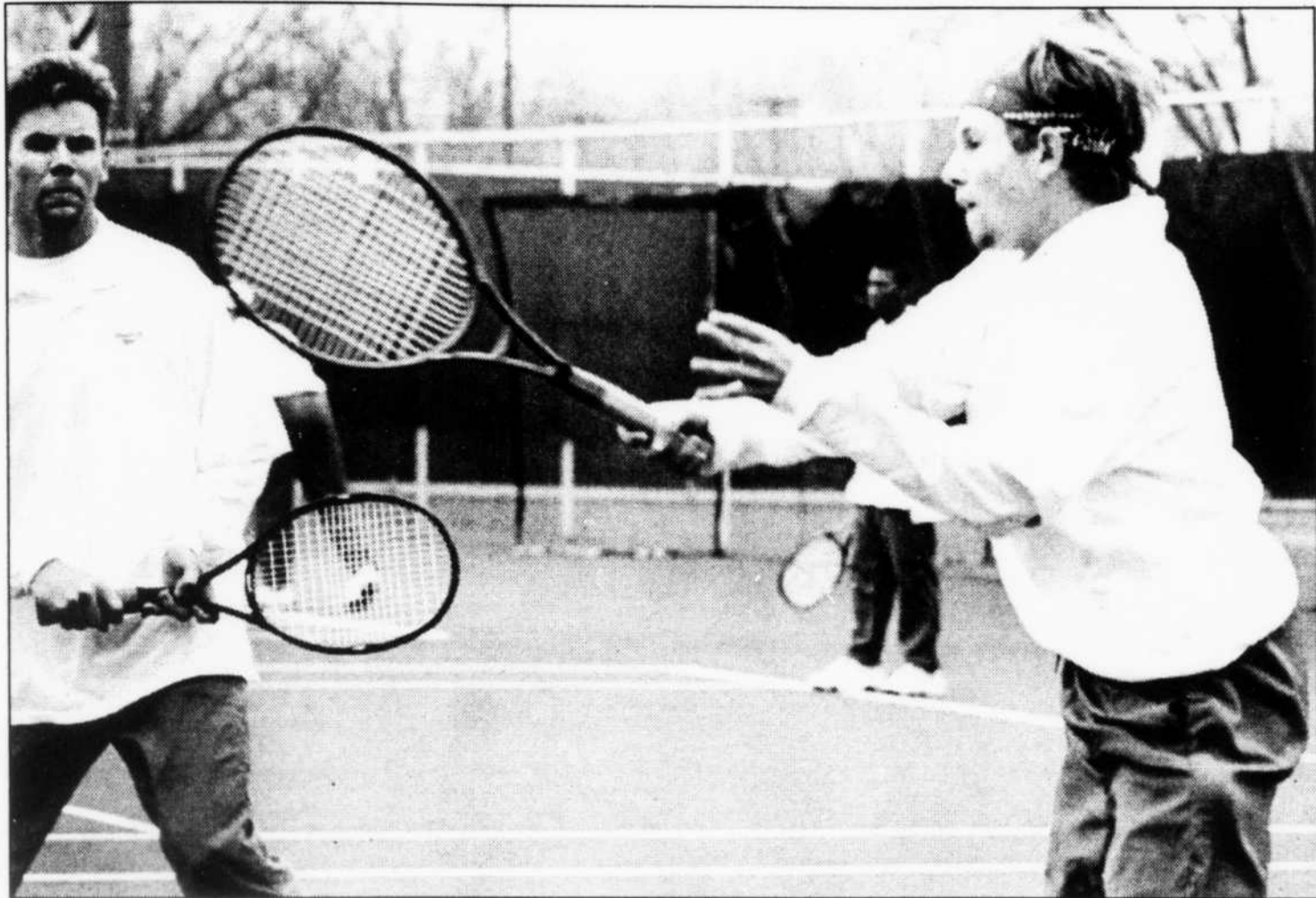
In the final match against Boise State, MTSU used their two powerhouse doubles teams to score the point. David McNamara and Julius Roberts defeated the 24th ranked doubles team in the country, while Niemeyer and DeLuise continued their tandem power which left them All-Americans at the end of the '96 season.

In the singles against Boise State, MTSU secured their victory with wins at the number one, two, and six spots with Niemeyer, DeLuise, and Madrigal capturing their singles matches.

The MTSU men's tennis team has definitely come into their own as they continue to move up through the ranks heading for the NCAAs.

"Our goal before the season started was to get to the top 10. We're one away now, and with our upcoming schedule, there is a great opportunity to reach it," Coach Short said.

The men's tennis team will travel to Montgomery, AL, to compete in the Blue-Gray Classic this weekend. Nineteen teams from across the nation will square off, including Alabama, Auburn, Georgia Tech and Ole Miss. •



Brian G. Miller/ staff

Julius Roberts and David McNamara (shown in previous play) defeated the nationally 24th ranked team at the H.E.B.

## Blue Raider baseball team defeats Cumberland despite bad weather

By Doug Malan/ staff

During their recent four-game winning streak, maybe the toughest opponent for Middle Tennessee has been the weather.

The recent string of thunderstorms moving through the area caused two games to be canceled, and forced the Blue Raiders to wait eight days between games.

After that one week break, MTSU moved from behind to knock off Cumberland 6-5 Sunday afternoon, finishing the game under light sprinkles.

Freshman pinch hitter Wes Whitehead drove home Jordan Beddies with an RBI single in the eighth inning for the game-winning run. Beddies hit a two-out double that nearly cleared the right-field wall prior to Whitehead's at-bat.

Jamie Hill (1-0) got the win in relief, striking out four and yielding three hits in 3.2 innings. Steven Lay came in to record the final out of the game and register his first career save.

Reliever Prince Chitwood was

tagged with the loss for Cumberland.

Although he had started the previous three games at second base, Whitehead found himself winning the game in his lone plate appearance.

"I was just thinking look first pitch strike and put it in play," said Sunday's hero.

"(When you don't start) you just think about what you can do when you are brought off the bench and see how you can contribute."

The victory was the fourth consecutive for the Raiders (4-5) while the offensive fireworks continued. Middle Tennessee has scored 34 runs on 48 hits during their current streak.

Trailing 5-1 in the bottom of the sixth inning against Bulldog lefty Matt Cook, Blue got consecutive doubles from Clay Snellgrove (2-4) and Ryan Dillard before Clint Johnson followed with a two-run

homer, his second of the year, that extended his hitting streak to seven games.

Lee Marbet followed with a walk and advanced to third on a wild pitch and a single from Andrew Thompson. Pinch hitter Wayne Chinapen hit a sac fly to score Marbet and tie the game with two outs.

**"The lay-off did affect us, but I'm glad to see our hitters make adjustments."**

**Steve Peterson  
Coach**

Cumberland (9-3) jumped on top early, scoring all five runs in the first two innings. Greg Strickland had a two-run double and Jason Franklin added an RBI double in the Bulldog first. Strickland added

an RBI single in the second and finished 3-5 on the afternoon.

Starter Chad Kirby, making his first appearance since February 25, settled down after that and struck out four in five innings of work.

Please See BASEBALL page 8



Brian G. Miller/ staff

A Blue Raider third baseman makes a throw to first during a practice.

## Weight training can build endurance

By Jennie Treadway/Staff

"The stronger you are, the longer you can sustain a maximal performance," said William J. Kraemer, Ph.D., an exercise physiologist at the Center for Sports Medicine at Pennsylvania State University.

It has been proven through various studies that weight training for men and women has increasing benefits. Not only does it enrich bone density, which prevents osteoporosis and other bone diseases, weight training increases oxygen allowance to the muscles, increasing a body's endurance and stamina. Training muscles will also increase flexibility and strengthen joints.

Weight training, while it helps to lose fat, is not a weight loss program on its own. In cooperation with an aerobic exercise plan, the body can lose unwanted fat more efficiently and permanently. After an aerobic workout, the body is still burning calories up to an hour after the workout is complete. However, the body can burn calories up to nearly 8 to 10 hours after a weight training session.

Another positive aspect of weight training is that it helps toward prevention of injury. Running, one of the best cardiovascular activities and calorie burners, will invariably put great strain on the knees. The continuous pounding on a hard surface puts 2 to 3 times more weight on them than usual. To

prevent injury, along with increasing the endurance needed to run or perform other high-intensity workouts, training the lower back, quadriceps, hamstring, and lower leg muscles will help strengthen the knee joint and give added support while finishing that mile.

"We encourage all our athletes to get involved in a resistance-training program because we know that it will improve their performance," said



Timothy Quinn, Ph.D., associate professor of exercise science at the University of New Hampshire.

For women, strength training might seem taboo or unneeded. They don't want to "bulk up." However, there are added benefits for females through visiting the weight room at least twice a week. By using lower pound weights and more repetitions, women can tone their body, increase bone density, increase their stamina, and help get rid of unwanted

cellulite.

It is also important to remember that the average woman does not have the physical ability to attain the "bulk" of the average man. Even a semi-rigorous strength training program, 3 to 4 times a week using heavier weights and producing buckets of sweat, will not give the look of a professional bodybuilder.

When adding weight training to an exercise regimen, keep in mind that muscles weigh more than fat. If you are trying to lose weight through strength training and cardiovascular exercise, the body may in fact lose fat without the numbers on the scale changing. When this happens, do not be discouraged. While losing fat, the body has been replacing it with muscle. A good way to tell if the weight loss program is working is to pay attention to the way your clothes fit your body.

Various cardiovascular machines are good forms of toning muscles. For example, stairclimbers and stationary bikes benefit the legs, giving specific attention to the quadriceps and hamstrings. While you may burn 200 calories in one workout session on these machines, they tend to focus more on the lower body and not at all on the arms and upper body. To get a full-body workout, do a few chest presses, bicep curls, and tricep pulldowns after sweating on the machines.

Please See TRAINING page 8

## Heavy rains threaten Pyramid, NCAA tournament

Associated Press

MEMPHIS, Tenn. — Workers rose at 3 a.m. today to begin sandbagging an area near The Pyramid, the site of the NCAA Southeast Regional, as the Mississippi River rose to its highest levels since 1937.

The workers piled sandbags in a 15-foot break of a wall that protects the arena from the Mississippi River. The rising water threatened a small parking

area where TV trucks were parked.

Heavy rains in the Memphis area and snowmelt north of Memphis in Kentucky and Ohio have swollen the Mississippi. Flooding along the Ohio River upstream has forced thousands of people to flee in Indiana, Kentucky and Ohio. The Ohio empties into the Mississippi at Cairo, Ill.

The Southeast Regional's first practice session was scheduled to start at noon. The regional opens Thursday when Kansas plays Jackson State. •

## Sports Shorts

### Baseball

#### Next Games

Saturday, March 15  
Tenn. Tech at MTSU (DH), 1 p.m.

Sunday, March 16  
Tenn. Tech at MTSU, 2 p.m.

### Softball

#### Next Games

March 15-20  
MTSU @ Rebel Games in Orlando

Saturday, March 22  
Morehead State @ MTSU, 1 p.m.

Sunday, March 23  
Eastern Kentucky @ MTSU, noon

### Outdoor Track

#### Next Meet

Saturday, March 15  
MTSU @ Auburn Invitational

### Blue Raider Tennis

#### Next Matches

March 13-16  
MTSU @ Blue-Gray Classic in Alabama

### Lady Raider Tennis

#### Next Matches

Sunday, March 23  
MTSU @ SEMO, 11 a.m.

# Lady Raider softball drops twin doubleheaders

## Staff Reports

The Lady Raider softball team closed out their weekend homestand the same way it began as Southern Illinois swept the Sunday series 4-3 in ten innings and 13-3 in five.

Sunday was the second day in a row that the MTSU softball team dropped a doubleheader. The Lady

Raiders were defeated by the Lady Vols in their home debut Saturday.

The losses brought the MTSU season record to a disappointing 0-8.

Pitcher Jaclyn Story took the losses for all four games. She went the distance in game one, allowing four runs (three earned), striking out six and walking three. The freshman lasted only 4 1/3 innings in game two. She

allowed seven runs (five earned), struck out one and walked four in the nightcap.

Centerfielder Allison Cheatham led the Lady Raiders at the plate with three hits against Southern Illinois, while Kandel Walker, Jamie Polsteen, Pierrecia Lyons, Tamara Davis and Melanie Manley added two apiece. Charlotte Peay and Rachel Actkinson each had one hit for MTSU.

Jamie Schutteck earned the win in game one for Southern Illinois, while Tracy Remspecher picked up the second win of the day for the visiting team.

Spring break won't necessarily be a break for the Lady Raiders as they compete in the Rebel Games in Orlando, Florida, March 15-20. Their next home game will be Tuesday, April 8, against Austin Peay at 5 p.m. •

## TRAINING: continued from page 7

Avoid wearing ankle and wrist weights, or holding barbells while walking or running. While this seems to be a logical way to gain a little muscle and increase the intensity of the workout, the weights will only drag you down and eventually cause shin splints or arch problems. There is no need to add more pounds to your body since it is accustomed to performing at its usual weight.

Another injury prevention is rest. Allow at least a day of rest between strength training the same muscles so that they have time to build themselves back up after being stretched and strained.

A final reminder in weight training is the importance of stretching after a workout. Because muscles contract and expand when isolated, it is necessary to relax the muscles to prevent pain or injury.

To design an individual workout plan, do a little research or consult a strength trainer at the Recreation Center. •

## BASEBALL: continued from page 7

It seemed the long lay-off caused MT to come out somewhat rusty.

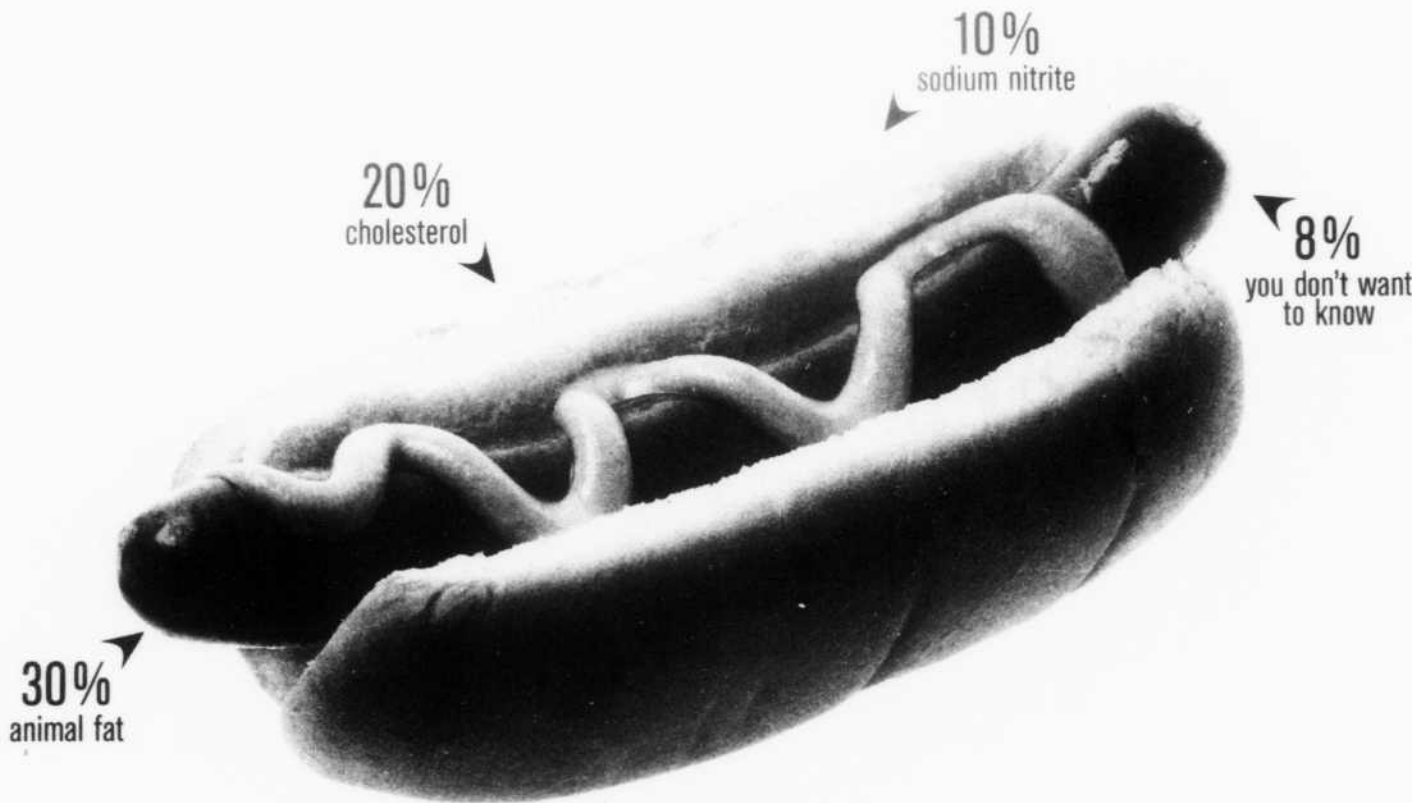
"When you start your season and then you get hit with an eight-day span where you do nothing but practice, it just goes back," said coach Steve Peterson.

"The lay-off did affect us, but I'm glad to see our hitters make adjustments."

The game at Cumberland that was canceled March 5 has been rescheduled for April 14 at 3 p.m.

Middle Tennessee completes a two-game series at UAB today at 2:05 p.m. The Blue Raiders open conference play at home this weekend against Tennessee Tech. Saturday's doubleheader begins at 1:00 p.m. with Sunday's first pitch scheduled for 2:00 p.m.

MTSU students are admitted free with a valid I.D. •



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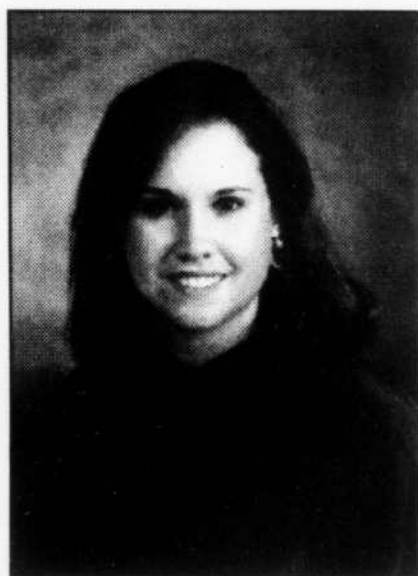
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# AATSU

## Student Government Association

### FROM THE PRESIDENT'S DESK



Spring is upon us and the campus is starting to shed its winter drab. The growth of the University is exciting and the stadium construction although a big pain will soon be a wonderful addition to the campus. In the coming future the University will be looking into a name, mascot and logo change. The administration is looking for student input so please watch out for those meetings.

For those actively involved in the University and want to expand their involvement there are two positions open for students. The Tennessee Board of Regents and The Tennessee Student Assistance Corporation need student members. If you would like more information about the

specifics of the job call the SGA office at 898-2464 or our advisor Dr. Burke at 898-2750. Look for the ad in the Sidelines for dates.

Congratulations to all of those who are graduating in May. I will be there with you to venture forth into the real world.

Christin Baker, SGA President

### SGA SPRING ELECTIONS

It is time for a new body... that is, a new student government body.

Spring elections are close and certain days are of importance for students interested to draw for placement in the ballot.

Candidates' packets are due March 19, 1997 at 4 p.m. in the KUC 208. A mandatory meeting will be held March 24, at 4 p.m. in KUC 314. Failure to attend will result in students not being placed on the ballot.

Under the requirements by SGA's Constitution, and the Electoral Act, these dates will not change and there will be no exceptions.

Each year the SGA elections are held to elect the student body president, two vice presidents (speaker of the house and speaker of the senate) and senators. All candidates must meet the qualifications outlined in the SGA Electoral Act which is available in the SGA office.

The SGA of MTSU is the means through which students participate and exchange ideas and opinions between students and the administration. The SGA seeks to protect the rights of students and improve the quality of life on campus.

For more information concerning the elections contact Scott Davis at 898-2464, or come by the SGA office in KUC 208.

### HOUSING WORKING ON MAINTENANCE

Housing problems are more than just maintenance problems. Housing problems are technology problems.

Speaker of the House Ryan Durham met with Tommy Wright, coordinator of maintenance services, on Feb. 21 to discuss certain maintenance issues. Wright suggested the problem of maintenance requests by residents not receiving immediate response is due to the volume of requests.

Wright estimates Housing handles more than 7,000 maintenance requests each year and 96% of all students' requests dealing with plumbing, furniture, lighting, etc. Maintenance requests dealing with door locks, broken glass, and water are routed to Facilities Services. Once these requests have been routed elsewhere, it is out of the hands of Housing's officials.

Housing officials have discussed a new software upgrade to handle requests more efficiently. They are working with the Office of Information technology to see if OIT can be an in-house consultant and tell what types of upgrades are needed for Housing's computers. Currently this is done manually.

"This new software package will allow us to report all sorts of information. It will give us an idea of how much work we have completed," Wright said.

SGA Public Relations Director- Anabel Evora

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Wanted: Music major to play piano, and one photography major to take pictures for May Wedding. Pay negotiable. Call 895-7124.

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Oak Hill Day Camp Summer Staff Counselors & Area Coordinators for Pool, Outdoor Skills, Horseback, & Credits. June 2-Aug. 8. ACA Accredited Camp on 55 acres at First Presbyterian Church, Nashville, 615-298-9527 (voice mail) for applications.

## Notice

Wanted: A good home for an energetic white female German Shepherd. If interested contact Rachel at 896-6329. Leave a message.

CASH LOANS on valuables, jewelry, collectibles, hunting guns, CDs, TVs, etc. Gold n Pawn 1803 NW Broad Street. 896-7167. Please come in.

LOOKING FOR A ROOM!!!!!! Graduate student (male, non smoker) would like to share house or apartment. (Rent around \$200). Would study any proposition. Please call 890-5826 or 898-4189.

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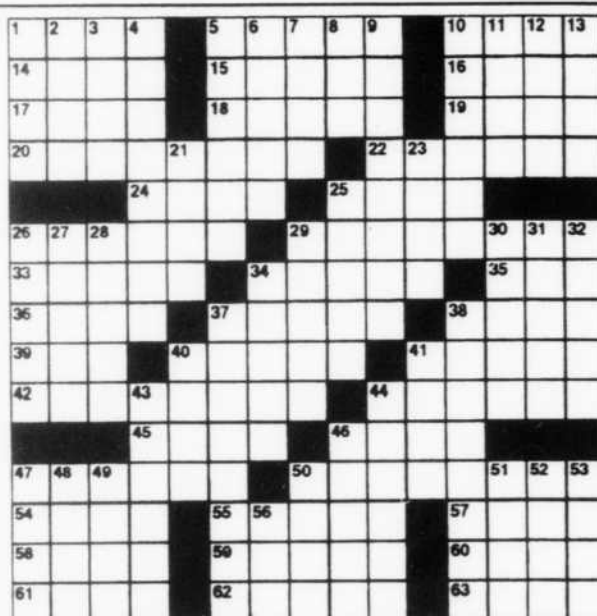
## THE Crossword

### ACROSS

- 1 Postal matter
- 5 Theme
- 10 At the end of one's —
- 14 A bone
- 15 Think
- 16 Mr. Kazan
- 17 Denomination
- 18 Food from heaven
- 19 Stiffens
- 20 Safe driving item
- 22 Snub
- 24 Charged particles
- 25 i-astens
- 26 Good luck bringer
- 29 Gangland figures
- 33 Pale
- 34 Muni and McCartney
- 35 Vessel
- 36 — irae
- 37 Literary category
- 38 Bamboo stem
- 39 Fruity drink
- 40 Plaster of —
- 41 Shield
- 42 Descending tin, iron, etc.
- 44 Occupation
- 45 Cotillion
- 46 Revolve
- 47 CA city
- 50 Like a strong seal
- 54 Lollapalooza
- 55 Components
- 57 Swerve
- 58 Wing-shaped
- 59 Work by Rousseau
- 60 — Domini
- 61 Mind
- 62 Stupefied
- 63 For fear that

### DOWN

- 1 Rump
- 2 Toward shelter
- 3 Peruvian Indian
- 4 Trilissworks
- 5 Instant
- 6 Iridescent gems



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### ANSWERS

- 7 Color
- 8 Public house
- 9 Practicable
- 10 Oppose
- 11 Mr. Cassini
- 12 Essential part
- 13 The Orient
- 21 Blessing
- 23 Minus
- 25 Measures of time
- 26 "—, I'm Adam"
- 27 Stage whisper
- 28 Leaf
- 29 Frenzied
- 30 Sideslip
- 31 Kitchen item
- 32 A bovine
- 34 Hazard
- 37 Went very fast
- 38 Mardi gras, e.g.
- 40 Blueprint
- 41 One of the Simpsons
- 43 Irrational
- 44 Name at
- 46 Swoor
- 47 Level
- 48 — the roost
- 49 Ardor
- 51 A state: abbr.
- 52 Farm denizens
- 53 Horse's gait
- 56 Drs.' org.



March 25, 1997

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Greek A	ATO KA Beta Theta Pi DTD Pi Kappa Alpha SAE SAE Sigma Nu Pi Kappa Alpha	Kappa Sigma Kappa Sigma KA Sigma Nu Sigma Phi Epsilon Sigma Phi Epsilon Sigma Chi Sigma Chi ATO	54-42 forfeit 61-55 51-31 41-32 68-27 71-52 41-40 36-28
Thursday	Dream Team Twice as Nice Old School Runners Shook Ones	A-Team Diaper Dandies Bow Down Diaper Dandies A-Team	76-59 forfeit 48-46 forfeit 76-70

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- Have a 2.0 cumulative GPA at the time of application.
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- Provide three letters of recommendation, a current transcript and no more than five samples of their work, professionally submitted.

Deadline for applications is  
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